

TRACK AND FIELD



2019 Spring Break Invitational Hodges Stadium - Jacksonville, Fl March 21- 22, 2019

Entries: College team entries via Direct Athletics,
Unattached athletes via Direct Athletics
*Entries open March 10 and are due **Monday March 18, 2019 @ 11:59PM** * Late entries not accepted!*

Entry Restrictions

University schools must abide by NCAA Rules
Unattached entries must use a mark achieved in the previous 12 months
Each event has a projected field size, so it is possible an entry may not be accepted.
Entries that cannot be verified or justified will be adjusted to a no time and seeded accordingly.
Final accepted entries will be posted Tuesday March 19, 2019 unfospreys.com track and field site

Field Events

Top 24 in the following Men & Women Events: (University & Open division only)
Javelin - Hammer - Discus - Shot Put - Long Jump - Triple Jump - High Jump - Pole Vault

Unattached Information

Unattached athletes must email Coach Pigg at Jeff.Pigg@unf.edu with your event and verified times/distance for acceptance into meet.
UNF has a **NO REFUND** policy under any circumstance.

Entry Fee

Univ - \$500.00 per gender or \$25.00/athlete, whichever is smaller
Unattached athletes \$40.00 Must Pre Pay online
All questions should be emailed to Jeff Pigg Jeff.Pigg@UNF.Edu
Entry fees for University teams can be paid online or at packet pick-up

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SPIKES

ONLY ¼" pyramids will be allowed on track. Javelin & high jump may use 9mm pyramids.

Event Check-In

Running events

Participants must check-in with the **meet clerk** no later than 30 minutes prior to the start of the scheduled event. (Event could be re-seeded) Athletes failing to report 30 minutes before will be scratched from the event.

Field events

Participants must report to the **event site** no later than 45 minutes prior to the start of the scheduled event. Athletes failing to report 45 minutes before will be scratched from the event. Pole Vault athletes will be allowed on the runway 1 hour prior to the start of their event. (Flights could be combined)

No tents, umbrellas, allowed in the infield for any field event

Implement Weigh-In

Implements must be measured at the Implement Weigh-In Area located in the center tunnel of stadium (entry is from the track side only) **Hammer & Javelin – 1pm-2pm, Discus & Shot Put 11am – 1pm.**

Warm-Up Area:

All warm-ups must be conducted on the practice track and grass practice field next to the track.

Packet Pick-up

Will be located at team entrance into the warm-up track and team tent area.

College teams 1:00pm – 4:00pm Thursday March 21, & Friday 12:00pm-4:00pm March 22

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March 21- 22, 2019

FACILITY INFORMATION

LONG JUMP/TRIPLE JUMP RUNWAYS	Width of runway = 1.2m / 4' Length of long jump runway = 54.25m / 178' Length of triple jump runways = Women's triple jump board to edge of sand = 9m, 11m, 13m Men's triple jump board to edge of sand = 11m, 13m
POLE VAULT RUNWAYS	Width of runway = 1.2m / 4' Length of runway (D Zone) = (A) = 44.5m / 146' Length of runway (D Zone) = (B) = 38.7m / 127' track edge
JAVELIN RUNWAY LENGTH	Width of runway = 4m / 13' Length of North runway = 26.58m / 120' Length of South runway = 26.58m / 120'
SURFACE	Mondo surface 9 lane: 1.2m / 48" each
TRACK RADIUS	36.49M / 119.74'

2019 Spring Break Invitational

HEIGHT PROGRESSIONS

MEN'S POLE VAULT PROGRESSIONS	Will be set after entries are in
WOMEN'S POLE VAULT PROGRESSIONS	Will be set after entries are in
MEN'S HIGH JUMP	Will be set after entries are in
WOMEN'S HIGH JUMP	Will be set after entries are in

TENTATIVE SCHEDULE

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Thursday, March 21 College

Field Events

- 3:00PM Hammer (M)
Javelin (W)
5:00PM Hammer (W)
Javelin (M)
Pole Vault (M & W)

Friday, March 22 College

Field Events

- 2:00PM Long Jump (M & W)
Discus (M)
Shot Put (W)
High Jump (W)

4:30PM Triple Jump (M & W)
Discus (W)
Shot Put (M)
High Jump (M)

Running Events

- 4:00PM 4 x 100m Relay (W)
4 x 100m Relay (M)
1500m (W)
1500m (M)
100m Hurdles (W)
110m Hurdles (M)
400m (W)
400m (M)
100m (W)
100m (M)
800m (W)
800m (M)
400m Hurdles (W)
400m Hurdles (M)
200m (W)
200m (M)
4 x 400m Relay (W)
4 x 400m Relay (M)
8:00PM 3000m Steeple Chase (W)
3000m Steeple Chase (M)
1500m Invite (W)
1500m Invite (M)
5000m (W)
5000m (M)